

Former DEQ Intern Bailey Recktenwald - Summer '18



**What did you study in school?
What are you doing now (career-wise)?**

I studied Geography and Public Policy and minored in Social and Economic Justice. I was ultimately interested in climate change policy which is exactly what I'm doing now!

Any tips for current students or recent graduates seeking internships?

I would say to apply for anything that sounds interesting even if you aren't sure it aligns exactly with your career goals. This is a time for exploration and to find what you are (or are maybe not) passionate about. Either way internships help set you up for success in whatever career you pursue.



What was most fulfilling to you during your internship?

Even as an intern I felt like I was making a positive difference in the lives of North Carolinians which solidified my interest in a career of public service.

Career Path Callouts

Every milestone in my career can be traced directly back to my internship with DEQ. That internship led me to my first job with the Governor's Office which led to the next job and the next.

Former DEQ Intern Grace Dodge - Summer '22



**What did you study in school?
What are you doing now (career-wise)?**

I am about to graduate this May with degrees in both Political Science, Spanish, and a minor in economics. I stayed on as an intern through both the Fall and Spring semesters allowed me to gain course credits for a political science class!

Any tips for current students or recent graduates seeking internships?

Apply to positions that would make you happy to work there: your time is valuable and enjoying what you do is worth it! Ask your interviewer what their favorite thing about their job is.



What was most fulfilling to you during your internship?

I appreciated the opportunity to build relationships with people throughout DEQ and others involved in the legislature. Learning about what they do, how they got there, and what advice they provided was invaluable. It helped that everyone I met was incredibly supportive!

If you are still in school, how do you manage your school work and working for DEQ in a part time capacity?

My internship counts as 3 credit hours towards my degree, so I am only taking four other classes this semester. Knowing how many hours I'll be working each week and budgeting time for homework, exercise, and hanging out with friends helps me stay in a healthy balance.

Former DEQ Intern

Dawn Haworth - Summer '22



What did you study in school? What are you doing now (career-wise)?

I'm currently studying Environmental Science with a focus in Environmental Justice at NC State. At DEQ, I am learning to communicate environmental issues to the public. I am also gaining experience in drafting Environmental Justice reports and attending meetings to further my understanding of Environmental Justice in North Carolina.

Any tips for current students or recent graduates seeking internships?

You should look for positions that relate back to what they've learned in school. This will allow for real life experience that can prepare them for the workforce and their future career. No matter what internship you find, it will still teach you valuable skills that can be applied to any position in the future.



What was most fulfilling to you during your internship?

The number of opportunities I was given by my supportive supervisors. Everyone I worked with at the agency allowed me to explore my different interests and gain experience in many areas. I was able to narrow down my interests which have shaped my academic and professional goals.

If you are still in school, how do you manage your school work and working for DEQ in a part time capacity?

I am a full-time student and currently work part time at DEQ. I am able to manage my schoolwork and work at DEQ by using a planner to keep track of my responsibilities in each role. It is also important for me to keep school and work at DEQ separate. I typically will "leave school behind".

Former DEQ Intern Cat Otero - Summer '22



**What did you study in school?
What are you doing now (career-wise)?**

Undergraduate - Wildlife Biology & English
Master's - Public Policy & Environmental Management
Currently, I am finishing my dual-master's degree and working part-time on environmental policy at DEQ.

Any tips for current students or recent graduates seeking internships?

Tailor your resume to the internship posting by using the same wording as the position listing and when you land the interview let your passion for the position shine through with examples of how you see yourself tackling the listed position duties.



What was most fulfilling to you during your internship?

Interacting with people across state agencies and North Carolina communities was the most fulfilling part of my internship. I really enjoyed hearing different perspectives, working together, and sharing stories and laughs.

Career Path Callouts

I graduate with two Master's degrees in May '23!